



## 2008 Winter Workshop

### *Discover the Outdoors – Discover Yourself*

**February 1 – 3, 2008 ♦ Lubrecht Forest**

Becoming an Outdoors-Woman (BOW) workshops are aimed at women who want to learn or improve their outdoor skills. This workshop is for you if you want to be more active in the outdoors, you're looking for a new outdoor experience or you're looking for camaraderie with others who enjoy the outdoors.

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### Workshop Schedule

**Cross-country skiing**  
**Pre-workshop Class - Friday, Feb. 1<sup>st</sup>**

10:00 - Noon	Early check-in
11:30 - 12:30	Lunch
1:00 - 4:30	Cross-country Skiing (Level I & II)

#### FRIDAY, February 1

3:00 - 6:00	Registration and Check In
6:00 - 7:00	Dinner
7:30	Welcome & Evening Program

#### SUNDAY, February 3

7:00 - 8:00	Breakfast
8:00 - 11:30	Session III
12:00 - 1:00	Lunch
2:00	Check Out

#### SATURDAY, February 2

7:00 - 8:00	Breakfast
8:00 - 11:30	Session I
12:00 - 1:00	Lunch
1:00 - 4:30	Session II
6:00	Dinner
7:15	Evening Program



## Winter BOW Class Descriptions

*Classes are rated by physical exertion levels (E, M, or S). Classes marked E require little physical exertion, M is moderate physical exertion level, and S is strenuous exertion level. Please know your own physical abilities.*

### Friday, Pre-workshop Class

**Cross-Country (Nordic) Skiing (M-S)** A flat meadow with smooth packed snow makes this site perfect for learning to Nordic ski. Instructors Steve & Kathy Gaskill will lead the participants in a progression of basic skiing skills, which makes learning fun and worthwhile. The class is for first-time skiers and those who have some experience. Skiers will spend the last part of the class skiing on one of the many ski trails at Lubrecht. **Bring your own light ski touring equipment (you can rent equipment at many ski shops if you don't have your own.)** Think Snow!

Choose from the following classes to be taught on Saturday and Sunday. The BOW Coordinator will assign class times.

**Ice Fishing (E-M)** - You'll travel to a local lake to discover how enjoyable and rewarding a winter pastime ice fishing can be! Know what to look for when purchasing gear or learn to build your own gear. Instructors **Jan Thon** and **John Cloninger** will also discuss bait choices, fish finders, ice auger selection and use, and how to be safe and warm on the ice.

**Leather Craft (E)** -- Leather making is one of the oldest crafts know to humankind. Our ancestors used tanned animals skins for clothing, footwear, shelters, containers and more.

Join **Gene Hickman** to learn more about the leather making process. Are you interested in leather craft or have a leather hide you don't know what to do with? Get ideas and advice for leather projects and make a small beaded leather "medicine" bag in class. A \$5 fee for supplies will be collected at class time.

**Mountain Man (Woman) Camp (E-M)** -- Montana has a long history of mountain men occupying our landscape. Learn mountain men skills, how they dressed, worked, played, trapped, hunted and survived with **Gene "Bead Shooter" Hickman**. Gene is Booshway of the Montana & North Dakota Brigade, and of the Manuel Lisa Party of the American Mountain Men and a life long Historic Interpreter. Participants will set up a mountain man camp, i.e. shelter, camp accessories, flint & steel fire making and cook a traditional mountain man meal, among other activities.

**Snow Dogs (E-M)** -- This class is for dog lovers who want to include the family pup in their winter activities. Join musher **Kristin Knight** to learn about dog sledding and skijoring. Kristin trained and patrolled with the sled dogs used in Denali National Park. She'll talk about the history of sled dogs and their nutrition, care, training and equipment. Kristin will demonstrate skijoring, training your dog to pull you on skis. Anyone can work at home with their dog for fun - you don't need to own a dozen huskies.



**Snowshoeing (M)**- For centuries, people have been traveling over the snow using “snowshoes”. Discover this ancient mode of travel for yourself. Instructor **Darlene Edge** will discuss different types of snowshoes and their benefits. Practice your techniques and learn to glissade and travel up and down hill and across a side hill. Bring your own snowshoes or they will be provided. Ski poles are recommended.

**Winter Survival (E-M)**- Could you survive outdoors in the winter? Instructor **Chris Dover** will discuss the necessary skills for surviving a night(s) outdoors, including shelter building, fire making, wood awareness and proper clothing. Hands on skills will include shelter building and fire making.

**Wildlife In Winter (M)**- How does wildlife survive our Montana winters? This class will cover the different strategies that animals use to survive in different habitats. Winter birding, animal tracks and sign, and winter ecology of wildlife will be discussed. Instructors **Kristi DuBois** and **Cherrie Angel** will take you outside to look for birds, tracks, sign and other evidence of wildlife. No special outdoor skills are needed to take this class, but bring your skis, snowshoes, or snow boots and we'll adapt what we do to the skills and equipment of the participants.

## **General Information**

### **Winter BOW**

Winter is a special time to enjoy the outdoors. We have scheduled this workshop with your safety and comfort in mind. Many of the sessions spend time outdoors so dressing properly is a must! Some of the classes are dependant on good snow or ice conditions. If the snow or ice is inadequate, BOW will arrange for alternative classes. The workshop will be cancelled if severe storm conditions are forecasted or if driving is not recommended. In which case full refunds will be issued.

### **Registration**

All successful applicants will be notified with a letter of confirmation listing their classes and directions to Lubrecht Forest.

### **Cancellation Deadline**

January 25<sup>th</sup> is the deadline to cancel. If you cancel before, you will receive a full refund. After that date, a \$25.00 processing fee will be deducted from your refund. Registrants who do not attend and who do not cancel by January 28<sup>th</sup> will be assessed the full program fee. You may send a substitute.

### **University of Montana's Lubrecht Forest**

Located near the Blackfoot Clearwater Junction south of Seeley Lake, this research and education center is 30 miles northeast of Missoula in the Blackfoot River drainage.

### **The Camp**

Lubrecht offers a conference center with meeting rooms, dining hall, and a modern lodge. The lodge provides dormitory rooms with 2 single beds each. Shower-bath facilities are located in the lodge. Towels and bedding are provided. The dining hall is a 200-yard walk from the conference center and lodge. **No smoking is permitted in the buildings. No dogs are permitted at the camp.**

### **What to Bring**

Most classes will be outside for all or part of the class time. It is essential that you come prepared to spend time outdoors. Dressing in synthetic or wool layers (not cotton) is best. At a minimum you must bring a warm hat, winter coat or shell, snow pants, above the ankle boots, gloves or mittens (2 pairs) and extra socks.

### **Equipment**

If you participate in the **Snowshoeing** or **Ice Fishing** classes please feel free to bring your own equipment. If you do not have equipment it will be provided.

If you participate in the **Cross-Country Skiing** class you must bring your own equipment. It is important to have the proper fit for skis and boots. If you don't own equipment there are many outdoor gear stores that will rent equipment.

**Please do not bring firearms.**

### **Fishing Licenses**

The Beyond BOW workshop has been granted an exemption so that participants in the **Ice Fishing** class are not required to possess a fishing license during the workshop.

### **Special Needs**

If you have a disability, medical condition or restrictive diet requirements, please indicate them with your registration. We will attempt to accommodate your needs.

### **Car Pool**

We will put together a list of participants so that you may car pool if you wish. Check registration form if you'd like to be included on the list.

### **Day Trippers Welcome!**

Can't get away for the whole weekend but you'd like to attend a class or two? Contact Liz at 406-444-2615 for fee information. You are welcome to attend as class space allows. Persons attending the entire workshop have first choice of classes.



This form can be found on the Montana Fish, Wildlife & Parks website at [www.fwp.mt.gov](http://www.fwp.mt.gov); click on "Education" then click on "Outdoors Woman."

The Becoming and Outdoors-Woman workshop is sponsored by:



***Montana Fish,  
Wildlife & Parks***

# **WINTER BOW REGISTRATION FORM**

Feb 1-3, 2008 • Lubrecht Forest

Complete and return 2-page registration form to:

**FWP - BOW • PO Box 200701 • Helena MT • 59620-0701 • Fax: 406-444-4952**

This form is different from previous years so please read it carefully.

**Registration form must be accompanied by payment. BOW accepts checks, money orders, Visa or Master Card. Make checks payable to FWP.**

Only one person may register per form. Please photocopy for additional registrations.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City - State - Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email address: \_\_\_\_\_ Year of Birth \_\_\_\_\_

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Age Limit : 18 years of age or older  
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I attest that I am at least 18 years old. I acknowledge that my participation in the Becoming an Outdoors Woman Workshop sponsored by Montana Fish, Wildlife & Parks involves some risk of personal injury. The risk of personal injury may come from poor weather, accidents, natural disasters or other hazards created by my own actions or the actions of others, over which the department has no control. By signing below, I accept responsibility for all personal injuries that may result from my participation, and I agree to hold the State of Montana and Montana Fish, Wildlife & Parks harmless from and against any claim. I also understand that photos/videos may be taken for promotion of the program.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

## **Class Selection**

Check below if you are attending the pre-workshop X-C ski class:

\_\_\_\_\_ Cross Country (Nordic) Skiing Class - Friday, Feb 1<sup>st</sup>, 1:00 to 4:30 p.m.

Select the top five (5) classes you would like to attend by ranking them from 1 to 5 with 1 being your first choice. Strike-out courses that you don't wish to take part in. Participants will attend 3 classes on Saturday and Sunday.

**SATURDAY & SUNDAY CLASSES  
FEBRUARY 2 & 3**

- \_\_\_\_\_ Ice Fishing
- \_\_\_\_\_ Leather Craft
- \_\_\_\_\_ Mountain Man (Woman) Camp
- \_\_\_\_\_ Snow Dogs
- \_\_\_\_\_ Snowshoeing
- \_\_\_\_\_ Winter Survival
- \_\_\_\_\_ Wildlife in Winter

**Workshop Fee:** includes instruction in sessions, program materials and use of demonstration equipment.

\_\_\_\_\_ \$200: includes X-C ski class and 3 other classes, accommodations in the lodge, and meals starting Friday lunch.

\_\_\_\_\_ \$190: includes accommodations in the lodge, 3 classes and meals starting Friday night.

\_\_\_\_\_ Day Tripper or participant has lodging off-site: Contact Liz for fee information.

[ ] Check or money order enclosed. Make payable to FWP.

Bill credit card

[ ] Visa [ ] Master Card

Name as it appears on Credit Card \_\_\_\_\_

Card # \_\_\_\_\_

Expires \_\_\_\_\_ / \_\_\_\_\_  
Month Year

If you are registering for the snowshoeing class and bringing your own snowshoes, please state the name or type of snowshoes you will be using:

\_\_\_\_\_

Roommate preference (please list only one) \_\_\_\_\_

Room Preference: Early to Bed \_\_\_\_\_ Night Owl \_\_\_\_\_

Send car pool list? \_\_\_\_\_ Yes \_\_\_\_\_ No

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Return your registration form by Jan. 15<sup>th</sup> and receive a free gift!



**Montana Fish,  
Wildlife & Parks**